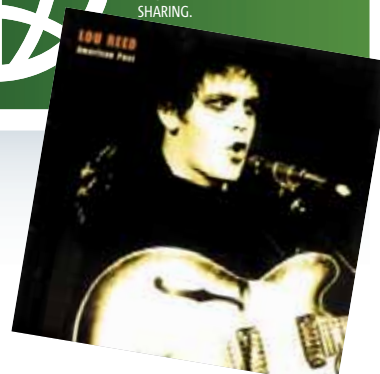


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Have a healthy Halloween? You serious?

How to keep your kids' good eating habits intact **PAGE 16**

Come one, come all to Cowtown

Depending on the travel writer, Calgary's a mish-mash of Denver and Portland or 'not much to write about' **PAGE 5**

HAD IT HIS WAY TO HIS LAST DAY

LOU REED OF VELVET UNDERGROUND WAS NEVER ONE TO COMPROMISE **PAGE 14**

Stylish urban architecture lives at Walden.



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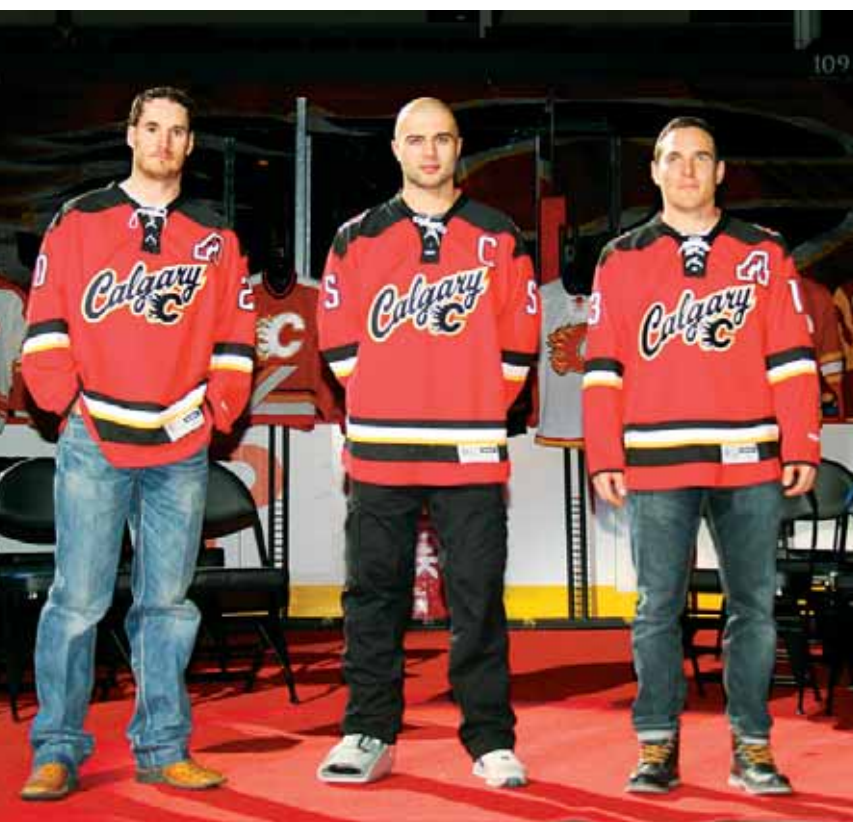


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HOT NEW THREADS

Calgary Flames captain Mark Giordano, centre, and assistants Curtis Glencross, left, and Mike Cammalleri unveil the team's new third jersey, which will be worn in a dozen home games this season. For a gallery of Flames jerseys past and present, head to metronews.ca. JEREMY NOLAIS/METRO

'Difficult' year for impaired driving crashes

Police effort. Hundreds slapped with three-day and indefinite suspensions



JEREMY NOLAIS
jeremy.nolais@metronews.ca

Alcohol has already played a role in as many fatal Calgary collisions this year as it did in all of 2012.

The high level of impaired collisions comes despite the introduction of indefinite driving suspensions for those caught behind the wheel with a blood-alcohol level over .08, and three-day suspensions for those recorded with a level of .05 to .08.

Both measures came into

effect last year, and police Sgt. Michael Watterston pointed out they were accompanied by major awareness campaigns.

Even so, 16 of 32 fatal collisions in Calgary this year have involved alcohol.

"It is surprising on one level that we see those numbers.... These folks, for whatever reason, did not get the message and we see the results in the number crashes this year," Watterston said. "It's very difficult for us to accept because of all the work that's gone on and all the information and public education that's been put out."

Calgary police dealt out 666 three-day administrative suspensions in the first year after the .05 administrative penalty was introduced and caught 1,121 criminally impaired motorists over the

same time period.

The motorists in the more severe category are barred from driving until their charge has been resolved in court, but the measure appears destined to face a court challenge from a group of lawyers who have been busy gathering evidence in recent months.

Edmonton-based constitutional lawyer Fred Kozak, who's steering the effort, said the official court battle, during which his team will try to prove the law is unconstitutional on the grounds it denies the accused the right to a fair trial, will likely play out over three days in mid-December.

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Calgary airport sees big jump in 'runway incursions' in '13

'Minor incident'
Latest incursion on Oct. 17 'was not a close call in any way,' NAV Canada says, but did result in delays



ROBSON FLETCHER

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Earlier this month, an Air Canada flight bound for Frankfurt, Germany, taxied

too far at Calgary's airport and ended up stopped on an active runway, forcing an approaching plane to abort its landing.

It was the 30th "runway incursion" so far this year at Calgary International Airport, according to Transport Canada, up from 18 incidents during the same period last year, and just four in 2011.

None of the incidents involved any injuries or fatalities, nor did any of the dozens of similar incidents at Canada's other major airports

Violations

Runway incursions (plane, vehicle or human – not counting animal incursions) at other airports so far this year:

- Vancouver International: 6
- Toronto Pearson: 16
- Montreal Trudeau: 26

in the past several years, but they typically do result in delays and air traffic being routed.

Ron Singer of NAV Canada said nothing will ever completely end runway incursions at busy airports but the planned opening of Calgary's new, parallel runway next year should help air traffic flow more smoothly.

"That would give us more flexibility to manage traffic in peak times, and there would be certainly less delays as a result of that," he said. "Calgary is the third busiest airport in the country, and the first, second and fourth-busiest airports all have parallel

runways."

Calgary International Airport spokesperson Jody Mosely said the new runway, slated to open in May 2014, will be used by all air traffic and will increase efficiency.

"When the new runway comes on, it's not dedicated to just international traffic or anything like that," she said.

Mosely deferred to NAV Canada on the runway-incursions issue but noted, "We do have a very safe airport."

Air Canada declined to comment.

Crime. Shooting spree in east Calgary appears 'random ... indiscriminate,' say police

Police took two suspects into custody after bullets struck at least three homes and as many vehicles Sunday morning.

Insp. Darrell Hesse said a car owner first called officers to the 0-100 block of Abbercroe Way S.E. around 10:45 a.m., because he believed people inside a gold-coloured Jeep Grand Cherokee had shot at him.

While investigating the claims, officers witnessed a crash in the vicinity that involved a vehicle matching the Jeep's description.

Two suspects were taken into custody, Hesse said.

Mia Luong, who lives near the scene of the collision, said she looked out to see a swarm of police cars on her street.

"I was scared, so I didn't go outside," she said, adding she feared for the safety of her two

children.

While still investigating the first reported shooting, police began to receive reports of bullet holes in homes and other vehicles both in Abbeydale and Martindale, Hesse said. It's believed at least one home shot at was occupied at the time.

"Certainly there's a risk to the public initially when we're receiving reports of random or indiscriminate shooting into vehicles and houses ... we don't believe this is targeted at all," Hesse said.

Police could not confirm if weapons had been recovered and offered few details on the suspects Sunday afternoon.

It's believed no one was harmed in the shooting spree, but police continued to canvas neighbourhoods involved for clues. **JEREMY NOLAIS/METRO**



Suddenly winter

Chic Chikinda shovels snow from the sidewalk in front of his home on Eighth Avenue N.E. in Calgary, Sunday morning, beneath tree leaves that have only just begun to turn yellow. Less than 24 hours earlier, it was 17 C in the city. The forecasted low for Sunday evening was -11 C. **ROBSON FLETCHER/METRO**

1 NEWS

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Bragg Creek. Landmark may remain closed for 'months or years'

Barbara Teghtmeyer was paying closer attention than most to the forecast as snow began to fall around Calgary and area Sunday.

The owner of the Bragg Creek Trading Post had hoped to get the walls reconstructed and the heat turned on inside the flood-battered historic landmark before the winter season kicked into gear, but complained of red tape from Rocky View County with the issuing of necessary permits.

Overall, it took about six weeks for the formal approvals to come — far too long in Teghtmeyer's eyes.

"The delay, certainly now that the snow has come, has proven costly to our progress," she said Sunday morning. "I guess we did what we could.... (Reopening) is in terms of months or years — I don't know if we will make this summer at all," she said.

The county has maintained that the development approval process was in place to ensure the safety of the owners and visitors to the Trading Post, which first opened in the 1920s as a fur-trading venue and now



Barbara and Robb Teghtmeyer want to rebuild the Bragg Creek Trading Post but have complained about delays obtaining the proper permits from Rocky View County. METRO FILE

specializes in native arts and crafts.

A spokesperson said last month the Trading Post was not being unfairly targeted, noting 20 other buildings in Bragg Creek required similar approvals before rebuilding.

Teghtmeyer said she hoped a first blanketing of snow Sunday wouldn't last, buying her a bit more precious time to get the building properly protected from the winter.

JEREMY NOLAIS/METRO

Three Hills

Winter weather blamed for highway crash that killed two

Mounties believe winter road conditions contributed to a crash northeast of Calgary that killed two people Sunday morning.

A truck collided with a piece of heavy equipment

around 10 a.m. at the intersection of Highway 27 and Range Road 250, according to Three Hills RCMP.

Two people in the truck were pronounced dead at the scene.

Police closed off a section of the affected roadways Sunday and they continue to investigate.

Three Hills is about 100 kilometres northeast of Calgary.

METRO



Martin Tornberg, a peace officer with Calgary's Animal and Bylaw Services, is seen with the Noise Snare device, which has been shelved permanently. METRO FILE

Development cost

\$90K

Noise Snare creator Mark Nesdoly (not pictured) estimated he spent \$90,000 and countless hours developing the device and working with Calgary and other municipalities, including Red Deer, hoping to utilize it.

Creator scraps his Noise Snare gadget

Silenced. Frustrated developer pulled device from Calgary streets in July

After frustrations dealing with Calgary bylaw services and then a dose of the surreal, the creator of the once-touted Noise Snare device has silenced the program for good.

Edmonton-based developer Mark Nesdoly confirmed he's no longer working with other municipalities interested in

utilizing his device, which he says was fully capable of nabbing overly noisy motorists.

Nesdoly first severed ties with the City of Calgary in July after a trial run with the device netted just one ticket. The creator claimed at the time a "hard limit" on noise of 96 decibels was not appropriate because the Noise Snare is designed to measure both the blast of sound and the distance to its source.

After that, Nesdoly said he received a call from Strathcona County Ward 8 Coun. Jason Gariepy, pledging his

municipality would succeed where Calgary had struggled with developing legislation around the device.

But Nesdoly said weeks later he cracked open the newspaper to discover that Gariepy had become embroiled in a scandal after revealing he was being blackmailed by a woman in the U.S. whom he'd met online and later sent explicit photos to.

Nesdoly said that was the last straw.

"I thought this just can't get more ridiculous if I tried," he said, adding, "I told my

wife that if I ever come up with another idea for law enforcement, just go ahead and kick me right in the balls."

A spokesperson for city and animal bylaw services said last week the department was still searching for a replacement for the Noise Snare.

In July, department director Tracy Bertsch said the 96-decibel legislation drafted in conjunction with the roll-out of the Noise Snare was the best way to ensure the data it generated would be admissible in court.

JEREMY NOLAIS/METRO

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Calgary: Canada's Denver. Or Austin.

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**ROBSON
FLETCHER**
robson.fletcher@metronews.ca

Depending on who you listen to, Calgary either resembles a charming cross between cul-

ture cities or a bland, cookie-cutter community.

Several travel articles have come out this month, giving Calgary a little extra international press.

Josh Noel of the Chicago Tribune highlights our burgeoning restaurant scene while downplaying the description of the city as "Canada's Denver."

"It's more a blend of Denver's bordering-the-mountains

vibrancy and a dash of Portland, Ore.'s, edginess," he writes. "At other times, it seems more like Western Europe than its neighbor to the south."

Rajiv Ramaratnam, by contrast, wasn't particularly thrilled by his visit, judging by his article in the Times of India.

"The city by itself is not much to write about," he writes. "It resembles cities in Texas, spread out, with shop-

ping areas and large roadways."

Still, he calls Calgary an "excellent" vacation choice, preferable to Austin, Tex., due to our proximity to the Rockies.

Jeff Hessel of Tourism Calgary said articles like these play a big role in attracting visitors.

"It's incredibly valuable to us because it comes from an authentic source," he said. "It's not just us putting out advertising; it's someone's real opinion."



Calgary seems to defy conventional comparisons, judging by recent travel articles published in newspapers around the world in October. METRO FILE

Our growing province. Premier, mayors talk charters and transit

The mayors of Calgary and Edmonton talked about moving forward together during a weekend breakfast meeting with Premier Alison Redford.

Naheed Nenshi, who was re-elected in Calgary last Monday, says it had been months since he met with the premier and Edmonton's mayor at the same time.

Nenshi says there was a feeling during Saturday's meeting in Edmonton that there should be more conversations at that level, rather than delegating the job to different ministries.

Edmonton Mayor-Elect Don Iveson says the conversation focused on the role big cities play in the growing province.

Iveson says they spoke about a timeline for keeping up work on new city charters, which would give cities more taxing and spending authority.

Nenshi and outgoing Edmonton mayor Stephen



Edmonton mayor-elect Don Iveson
METRO FILE

Mandel had been working on a defined big-city charter, but work on the project had slowed over the past several months.

Iveson said they also discussed the importance of completing rapid-transit networks in both cities in a timely fashion.

THE CANADIAN PRESS

Stop 'PC fearmongers'

Wildrose party affirms gay rights

Proclaiming themselves "loud and proud," Alberta's opposition Wildrose party voted overwhelmingly on Saturday to affirm party policy denouncing intolerance against anyone, including gays.

Wildrose MLA Rob Anderson told delegates it's time to wipe away a deceitful smear that cost them dearly in last year's election.

"We believe, in this party, in the equality of all Albertans," Anderson told delegates prior to the vote.

"I know — and I know all of you know — we already believe that in this

room.

"But we need to be loud and proud and put this to bed once and for all.

"Let's pass this and send those PC fearmongers scurrying back under the rocks where they came from!" he said to loud applause.

Seconds later, the 500 delegates in the room voted overwhelmingly to endorse the resolution.

It was one of the key planks laid on Saturday as the right-of-centre Wildrose party moved to the centre on social and environmental issues.

Party leader Danielle Smith said they needed to amend policies and fix rules that repelled mainstream voters in the last election.

THE CANADIAN PRESS

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Army takes 3 towns from rebels in Congo

Africa. Peacekeeper killed as towns of Rutshuru, Kiwanja and Buhumba wrested from M23 control

The Congolese army took three towns in eastern Congo Sunday in fresh fighting against the M23 rebels, said an army spokesman.

The army says it has found two mass graves in Kibumba, a town it took on Saturday.

The army on Sunday gained control of Rutshuru, Kiwanja and Buhumba towns in the Rutshuru area of North Kivu province, near Congo's border with Rwanda, army spokesman Lt. Col. Olivier Hamuli told The Associated Press.

A UN peacekeeper, a lieutenant from Tanzania, was killed in Kiwanja while pro-



Congolese army soldiers march on a mission near Kibumba Hill, which is occupied by M23 rebels, in eastern Congo Sunday. JOSEPH KAY/THE ASSOCIATED PRESS

tecting the civilian population, according to Sy Koumbo, UN information officer. Another Tanzanian soldier was injured, she said.

The army, using tanks and heavy artillery, is also fighting the M23 rebels in the

hills surrounding Kibumba town. The army said it won control of Kibumba on Saturday and now is advancing on the M23 rebels who retreated to the hills toward the Rwandan border.

THE ASSOCIATED PRESS

Georgia

PM-backed candidate wins presidential race

Giorgi Margvelashvili, the candidate backed by Georgia's prime minister, easily won Sunday's presidential election in the former Soviet republic, exit polls indicated. THE ASSOCIATED PRESS

Romania

Ethnic Hungarians rally for autonomy

Thousands of ethnic Hungarians held rallies on Sunday to demand autonomy for their minority group in the areas where they live in Romania. The marches were held Sunday in 14 communities of Transylvania. THE ASSOCIATED PRESS

Spain

Thousands protest terrorists' release

Several thousand people gathered in downtown Madrid Sunday to protest a European court ruling that has led to the release of imprisoned Basque separatists convicted of terror attacks.

THE ASSOCIATED PRESS



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Surge in security denials on FOI cases: Watchdog

Access to Information Act. Info chief wants more staff to cope with Harper government's information refusals

Canada's information watchdog has been flooded with fresh complaints that the Harper government is too often citing security to withhold documents requested under the Access to Information Act.

Suzanne Legault says that since April, her office has seen a surge in such complaints — prompting her to ask for more specially trained investigators.

"I have observed a worrying trend in the number of



Suzanne Legault, Information Commissioner of Canada
SEAN KILPATRICK/THE CANADIAN PRESS

new complaints of this type in the past four months," Legault wrote in August to Tony Clement, President of

the Treasury Board.

"So far this fiscal year, we have received 107 new special delegation (security related) complaints, amounting to 80 per cent of the average number of incoming complaints that my office has previously received over the course of an entire year."

Legault said the problem has been growing over the last five years, but has become acute this year.

She has asked Clement to increase the number of her investigators who have special security clearance to probe these complaints, to 12 people from the current eight. Emily McCarthy, assistant commissioner, said the growing number of these cases is just one aspect of a striking rise in complaints this year. **THE CANADIAN PRESS**

Clarification needed

\$7B deficit boon being questioned

The surprising revelation last week that Ottawa is almost \$7 billion ahead of schedule for eliminating the deficit is attracting the scrutiny of a budget watchdog.

The number two person in the Parliamentary Budget Office says officials have asked the government for clarification.

"We'll look at it because it will affect our own numbers, and try and figure out what the source of it is," says Mostafa Askari.

"There's a part we still don't understand ... as to why departments spent less than what they were expected to ... and why they (Finance) didn't see it in March," when the budget was tabled.

In a report last week, the government pegged the deficit for the 2012-13 fiscal year at \$18.9 billion, rather than the \$25.9 estimated in the budget. The lion's share of the difference was from lower program spending.

THE CANADIAN PRESS

Brooklyn. Man arrested in knifing deaths of a mom and her four kids

An immigrant to the United States was arrested Sunday on five counts of murder in the deaths of his cousin's wife and her four children in a stabbing rampage in their Brooklyn home.

The suspect, 25-year-old Ming Don Chen, implicated himself in the stabbings late Saturday in the Sunset Park neighbourhood, police said. NYPD Chief of Department Phil Banks said the victims "were cut and butchered with a kitchen knife." Two

girls, nine-year-old Linda Zhuo and seven-year-old Amy Zhuo, were pronounced dead at the scene, along with the youngest child, one-year-old William Zhuo. Their brother, five-year-old Kevin Zhuo, and 37-year-old mother, Qiao Zhen Li, were taken to hospitals, where they also died.

Chen is a cousin of the children's father; he'd been staying at the home for the past week.

THE ASSOCIATED PRESS



Scene of the multiple fatal stabbings. KATHY WILLENS/THE ASSOCIATED PRESS

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Not amusing

Amusement ride operator jailed

A ride operator is in jail after investigators say someone tampered with a ride at the North Carolina State Fair and compromised safety devices.

Timothy Dwayne Tutterrow of Quitman, Ga., faces three counts of assault with a deadly weapon. He operated

the ride when five people were hurt Thursday.

Tutterrow is due in court Monday.

WakeMed hospital spokesman Thomas Morris said three people remained in the Raleigh hospital Sunday after the ride on the state fair's midway suddenly jolted into gear as people were exiting, dropping some riders six to nine metres, witnesses said.

THE ASSOCIATED PRESS

Madrid

Commuter train derails, injures 3

An official says the last car of a commuter train traveling to a Barcelona suburb derailed as it arrived at a platform, slightly injuring three passengers.

A spokesman for the regional government of northeastern Catalonia says

one of the car's axles appears to have suffered damage, which made it leave the tracks. The spokesman spoke Sunday on condition of anonymity because he is not allowed to give his name to the press according to government rules.

He says the derailment did not affect traffic because other trains were easily diverted.

THE ASSOCIATED PRESS

Coke-filled car

Ontario police seize 65 pounds of cocaine

A Montreal man is under arrest after police seized more than 65 pounds of cocaine from a car east of Kingston, Ont.

Provincial police say the drugs were found Saturday

morning inside a sedan pulled over in a traffic stop on Highway 401 near the Township of Leeds and Thousand Islands.

There's no word yet on charges against the 27-year-old man, who is due in court Sunday.

Police are investigating with help from the force's organized-crime enforcement bureau.

THE CANADIAN PRESS

A new way to predict heat waves earlier

Wave No. 5. When high-pressure and low-pressure systems line up in a specific pattern, it foreshadows heat to come

The clue

"It gives you a little bit of a heads-up of what's coming."

Gerald Meehl, co-author of a study that describes the forecasting clue

Meteorologists may have found a way to predict some killer heat waves up to three weeks in advance. Now, the best they can do is about 10 days.

An earlier warning would help cities prepare, arrange to open up cooling centres and check on the elderly, said Gerald Meehl, co-author of a study that describes the forecasting clue.

The key may be a certain pattern of high- and low-pressure spots across the globe high in the sky. When that pattern shows up, the chances double for a prolonged and intense heat wave in the eastern two-thirds of the United States, according to the study

published Sunday in the journal *Nature Geoscience*.

This could predict some types of heat waves but not all, meteorologists said. The study's authors said they think the pattern occurred before last year's heat wave in much of the central United States, but they still need more work to confirm it.

The researchers at the National Center for Atmospheric Research in Boulder, Colo., looked at heat waves that lasted at least a week and were about five to eight degrees warmer than normal. In any given summer week, the odds of a heat wave like this happening are usually only about 1 in 67 in the U.S.

THE ASSOCIATED PRESS



In this July 18 photo, the horse Show Me More is watered down at the Chagrin Valley Hunter Jumper Classic in Moreland Hills, Ohio, as temperatures reached the 90s F. TONY DEJAK/THE ASSOCIATED PRESS FILE



Indonesia's capital says no more monkey business

In this photo taken last week, a street monkey wears a baby doll mask as it performs in a slum in Jakarta, Indonesia. Security forces are fanning out across Jakarta conducting raids to rescue macaques used in popular street masked monkey performances in a move aimed at improving public order, stopping animal abuse and preventing diseases carried by the monkeys. TATAN SYUFLANA/THE ASSOCIATED PRESS

California. Gov. frees woman sentenced to life for killing her ex-pimp

California Gov. Jerry Brown has decided to give freedom to a woman who received a life sentence when she was a teenager for killing her former pimp.

Brown decided late Friday not to take action on a state parole board's decision to grant parole to Sara Kruzan, thereby allowing the decision to go into effect, his spokesman Evan Westrup said Saturday.

Kruzan was 17 when she was sentenced to die in prison for the 1994 shooting death of George Gilbert Howard in a Riverside motel room. She contended that he sexually abused her and had groomed her since she was 11 to work for him as

a child prostitute.

Her case became a high-profile example used by state Sen. Leland Yee, who sought to soften harsh life sentences for juveniles.

"It is justice long overdue," Yee told the Los Angeles Times. He called Kruzan's case the "perfect example of adults who failed her, of society failing her. You had a predator who stalked her, raped her, forced her into prostitution, and there was no one around."

Kruzan's case garnered widespread publicity in 2010 after Human Rights Watch posted a six-minute interview with her on YouTube.

THE ASSOCIATED PRESS

Stormageddon. U.K. braces for worst storm in years

Driving rains and high winds lashed the U.K. on Sunday evening, as officials warned that the storm forecasters are calling one of the worst in years will cause widespread disruptions for early-morning commuters.

Officials said a 14-year-old boy is feared dead after being swept out to sea while apparently playing in the surf in southern England.

Coastguard and police rescuers searched late Sunday for the boy in high seas with poor visibility, but after several hours, the Maritime and Coastguard Agency said it had turned into a search-and-recovery operation.

Sussex Police urged people to stay clear of the seashore until the storm abates.

THE ASSOCIATED PRESS



Waves crash onto a seawall protecting the harbor of Porthleven, Cornwall, southwest England, Sunday. BEN BIRCHALL/THE ASSOCIATED PRESS

Report. More than 1,500 Canadians still languish in foreign prisons

For nearly two months, all eyes were on John Greyson and Tarek Loubani, the Canadian activists held in an Egyptian prison before being allowed to return to Canada.

Two other Canadians, Greenpeace activists Alexandre Paul and Paul Ruzyski, have also been in the headlines as they remain in a Russian prison facing hooliganism charges. If convicted, they could be sentenced to up to seven years in jail.

But there are other Canadians detained abroad who don't have such a network of supporters, and fail to capture similar public attention.

Overall, 1,590 Canadians are in prison outside the country, according to figures provided by Canada's Foreign Affairs department, accurate to Oct. 10.

The bulk of them — 1,097 — are behind bars in the United States. The rest are in prisons in more than 85 other countries.

Foreign Affairs wouldn't provide a breakdown on the circumstances or duration of

detention, nor how many cases the government is actively contesting.

But human-rights groups continue to monitor a number of cases where they believe Canadians are being wrongly detained or have been the victim of human-rights violations.

Often, it can take years to bring a Canadian back home.

Earlier this month, Hamid Ghassemi-Shall was finally able to return to Canada after 64 months in an Iranian prison, including a year in solitary confinement.

Ghassemi-Shall emigrated to Toronto, where he was working as a shoe salesman, following Iran's 1979 revolution. He was arrested on espionage charges while visiting his ailing mother in 2008, and faced the death penalty. International pressure, including a stream of letters from supporters to the Iranian government, may have been a factor in helping to keep him alive, according to Amnesty International Canada.

THE CANADIAN PRESS

Deadly wave of attacks tears through Iraq

At least 66 killed. Series of bombings, suicide assault mark the bloodiest day in the country since Oct. 5

A series of attacks including car bombings in Baghdad, an explosion at a market and a suicide assault in a northern city killed at least 66 people Sunday across Iraq, officials said, the latest in a wave of violence washing over the country.

Sunday's attacks were the deadliest single-day series of assaults since Oct. 5, when 75 people were killed in violence. There was no immediate claim of responsibility for the blasts.

Police said that the bombs in the capital, placed in parked cars and detonated over a half-hour period, targeted commercial areas



A boy inspects a destroyed car after a car bomb attack hit the Sha'ab neighbourhood of Baghdad Sunday. Insurgents on Sunday unleashed a new wave of car bombs in Shiite neighbourhoods of the city, killing and wounding dozens of people, officials said. KARIM KADIM/THE ASSOCIATED PRESS

and parking lots, killing 42 people.

The deadliest blasts struck in the southeastern Nahrwan district, where two car bombs exploded simultaneously, killing seven and wounding 15, authorities said. Two other explosions hit the northern

Sha'ab and southern Abu Dahir neighbourhoods, each killing six people, officials said. Other blasts hit the neighbourhoods of Mashtal, Baladiyat and Ur in eastern Baghdad, the southwestern Bayaa district and the northern Sab al-Bor and Hurriyah

districts.

Violence has spiked in Iraq since April, when the pace of killing reached levels unseen since 2008. Sunday's attacks bring the death toll across the country this month to 545, according to an Associated Press count. THE ASSOCIATED PRESS

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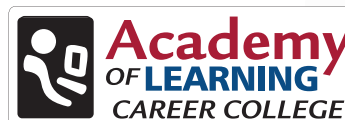
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Love thy neighbour? If not, a judge could boot them out

Experts. As more Canadians opt to live in close quarters, the number of residents turning to courts to settle fights will rise

When Toronto resident Robert Jerome celebrated his 30th birthday by purchasing a unit in a low-rise condo development about 15 years ago, he quickly came to see his neighbours as his extended family, often meeting up to chat in their shared courtyard, which would be filled with children in the summer.

And then Natalia Korolekh moved in.

What happened next were five years of alleged verbal and physical abuse that overshadowed the community, ending with a judge issuing an order in 2010 for

Law of averages

Peter Roberts, a lawyer who specializes in commercial and property law, says whatever happens in the B.C. case will undoubtedly influence other judges the next time a problem neighbour ends up in court, which he predicts will happen with increasing frequency.

Korolekh to sell her condo and move.

The case is similar to one currently playing out in British Columbia, where a woman is appealing an order to sell her condo due to neighbour complaints. While rare, it's a scenario some experts predict will only become more common as the number of Canadians choosing condo living increases.

THE CANADIAN PRESS

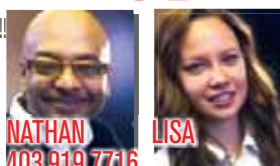


It is said good fences make good neighbours, but when you are surrounded by hundreds of residents disputes are more likely to flare up. And some of those arguments inevitably end up in court. DARRYL DYCK/THE CANADIAN PRESS FILE

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VOICES

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BUILDING A DAD-FRIENDLY CITY

How father-friendly is our city?

That's an important question, and not just for local fathers and families. The answer has implications for women, the economy, and the overall strength of our communities.

Let me explain.

Last week, United Way brought Kyle Pruett, one of North America's leading experts on the role of fathers, to speak in Calgary. Pruett has researched and written extensively about the positive social impact of engaged dads — fathers who spend time with their kids and are more than distant breadwinners.

At his talk, Pruett listed the positive outcomes of what he calls "involved fathering" in the lives of kids. Less contact with the juvenile justice system. Fewer teen pregnancies. Greater empathy and moral sensitivity. Higher grade completion and income.

"That is a remarkable list," Pruett said.



URBAN COMPASS
Jeremy Klaszus
calgary@metronews.ca

At the University of Calgary, the Brenda Straford Chair in the Prevention of Domestic Violence is developing a strategy to engage men and boys in violence prevention. The research shows that when fathers are involved with their kids, those children are less likely to use violence against women later in life.

Add it all up, and you have an overwhelmingly strong case for involved fathering. The argument is doubly compelling here in Alberta, which has some of the highest domestic violence rates in the country.

Sadly, some areas of our society still have a long way to go in accepting involved fathering. "Our institutions are not as father-friendly as our homes," noted Pruett. The U of C research points out that parenting classes are generally targeted toward women. That's just one example.

We are told in hundreds of other little ways that raising kids is

the mother's job. At restaurants and stores, it's still common to find change tables in the women's washroom, but none in the men's. There are "mom and tot" groups that, as the label suggests, are for stay-at-home moms but not at-home dads. And marketing of children's products is often targeted explicitly at mothers.

Thankfully, this is shifting. To take one example, the recent Calgary Baby & Tot Show at the BMO Centre was described as being for "parents and caregivers." The shift in language is subtle but important. By using inclusive language, you are saying: dad has a role in family life, and it matters.

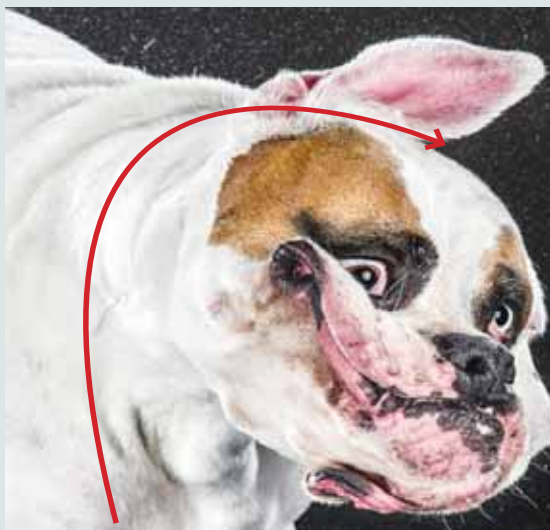
In my neighbourhood, the community tiny tots group is run by a stay-at-home dad and is well attended by other fathers and their kids.

So far as I can tell, Calgary is a great city to be an involved father. We can all build on this in our spheres of influence. Political and business leaders can help by encouraging fathers to be engaged in the lives of their children, and backing policies and practices that support this role.

By normalizing involved fathering, we'll build a stronger city.

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SHAKE it

An animal photographer has captured the amusing and absurd facial expressions made by dogs as they frantically shake water off themselves. Carli Davidson, 32, from New York, photographed 61 charming dogs while they were in mid-oscillation. Her entertaining portraits now feature in her new book SHAKE. **METRO**

Q&A with photographer

'You can't trick them'

How do you capture the animal's personalities so well? It's what I'm looking for in all my photography. The feeling behind the image is what's important to me, an expression the viewer can anthropomorphize. I spend time get-



EXTRACTED FROM SHAKE, BY CARLI DAVIDSON, PUBLISHED BY HARPERDESIGN © CARLI DAVIDSON 2013

ting to know the animals, and making them feel as relaxed as possible so they show their true character.

What are the biggest differences between a human shoot and a canine one?

Animals work 100 per cent on instinct; you can't trick them, so if you are not committed to the shoot they won't perform.

They can sense your stress and they respond to it accordingly. So much about working with animals is about being in the moment with them, listening to their needs. This is similar with people, but we can just ask people what they need. With animals you need to create a dialogue based on instinct and respect. **ANTHONY JOHNSTON/METRO WORLD NEWS**

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able blog offers non-smartphone users a chance to catch up on who's drinking what. iPhone only.

Drync:

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DAVIDE RESTIVO/FICKR

Tweets

A squirrel in Iowa is allegedly responsible for vandalizing a college professor's bicycle. If found guilty, what should its punishment be?

@WpgNHLAddict: repay the professor for bike repairs in acorns and nesting material #coldandhungry-winter #squirrelsgold

@MiroslavGlavic: Squirrel BBQ. #iamhungry

@SeoulShakin: Obviously 10-20 in the Nuthouse.

@mtnbvan: "Death by cyclepath"

@jnevills: sentenced to 12 months without nuts and 6 months of tree arrest. No opportunity for parole.

@kim11koi: To catch the squirrel you must become the squirrel.



@CycleLdnont: No punishment. It only continues the nutty cycle.

@ac_awesome: 100 hours of commu-nutty service. #nailedit

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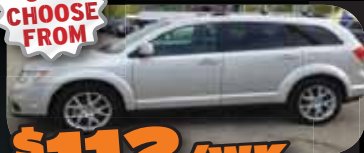
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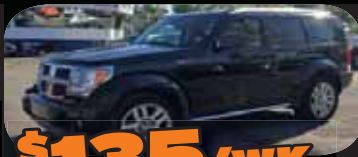
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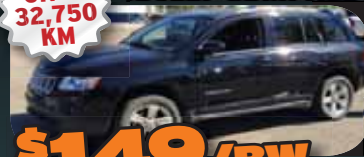
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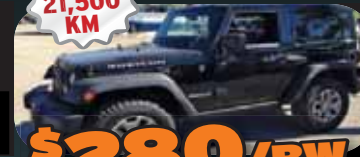
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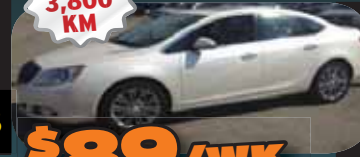
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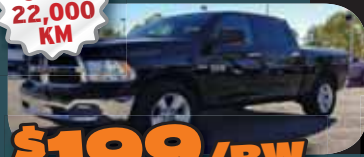
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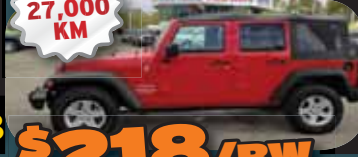
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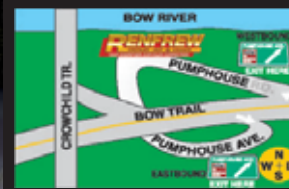
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SCENE

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2 SCENE

Legendary Lou Reed was never content to compromise

In memoriam. Rock pioneer and Velvet Underground leader, who has died at age 71, had undergone a recent liver transplant

PAT HEALY
Metro World News in Boston

Lou Reed, the punk-poet of rock 'n' roll who profoundly influenced generations of musicians as leader of the 1960s cult band Velvet Underground and remained a vital solo performer for decades after, has died.

Reed's literary agent Andrew Wylie says the legendary musician died Sunday morning in Southampton, N.Y., at age 71 of an ailment related to his re-

Last gigs

- Reed stayed invested in the arts until his death, mentoring younger artists and even taking the time to write a review of Kanye West's Yeezus on The Talkhouse website.

cent liver transplant.

The singer and guitarist first attracted attention as the leader of the Velvet Underground, a group that gained notoriety as an Andy Warhol project and combined a sense of the avant-garde with pop music. With Reed's poetic lyrics and the band's always experimental (and sometimes dissonant) approach, they arguably serve as the starting point for alternative rock music.



Lou Reed's tours were always successful. GETTY IMAGES FILE

Though the band was not commercially successful, its influence was widespread, historically on the left-of-centre, resulting in the oft-quoted adage that though not many people bought the band's first album, everybody who did ended up

starting a band. The Velvet Underground was inducted into the Rock and Roll Hall of Fame in 1996.

After the Velvet Underground, Reed went on to collaborate with David Bowie in the 1970s, finding chart success with Take a Walk on the Wild Side and carving out a niche for himself in the glam rock movement.

But as an artist, Reed was never content to compromise or to even do what his growing fan base expected. Over the years he released many albums that listeners and critics alike had difficulty with, such as 1975's Metal Machine Music, which consisted of more than an hour of feeding back guitars that sounded like what its title implies.

Other projects were also met with fierce criticism, such as his 2003 Edgar Allan Poe-in-

spired The Raven and his final release, a 2011 collaboration with Metallica entitled Lulu.

But for every unexpected left turn his muse took, Reed remained a figurehead for the movement he started and his tours were always successful.

For a time Reed was infamous for his substance abuse, but he had cleaned up in his later years, finding new inspiration in Tai Chi and his third wife, artist Laurie Anderson. He underwent a liver transplant earlier this year, which Anderson had said was "as serious as it gets. He was dying."

His legacy will live on in the songs he has left behind — in his own magnificent versions and in cover versions by the likes of U2, Joy Division, Nirvana and David Bowie.

WITH FILES FROM THE ASSOCIATED PRESS

A pair of angry birds, out to save their kind



NED EHRBAR
Metro World News in Hollywood

Parks and Recreation star Amy Poehler's latest feature film venture, Free Birds, follows a pair of turkeys using a stolen time machine to steer the first Thanksgiving menu away from their ancestors. But Poehler has plenty to concern herself with in the present day.

We spoke with Poehler just before some good and bad news broke for her: First, that she and Tina Fey would be hosting the Golden Globes for the next two years, and then that NBC was pulling Parks

and Recreation from its schedule for three weeks.

Even considering the main characters are turkeys, is this really the best use for time-travel technology?

Well, once we start breaking down animated films and the way that they should better use their technology, I think we're really going to paint ourselves into a corner.

You're managing to squeeze in a lot of film work between seasons of Parks and Recreation.

It's fun to do different things. My schedule with Parks is al-



In the animated film Free Birds, turkeys voiced by Owen Wilson, Woody Harrelson and Amy Poehler aim to get turkey off the holiday table. CONTRIBUTED

most like a nine-month schedule with breaks in between, so I have lots of opportunities for hiatus stuff to do. And

animated stuff, you can kind of do that on your hiatus and breaks in between. I filmed a couple of things last summer

and the summer before that quite a bit. It's always fun to try to squeeze in what you can when you can.

Weekend box office

- Apparently, astronauts are no match for Jackass. According to studio estimates Sunday, Paramount's Jackass Presents: Bad Grandpa tops the weekend box office with \$32 million US, sinking three-week champ Gravity to second place.

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Chris Brown. ALL PHOTOS GETTY IMAGES

Chris Brown charged with felony assault

Chris Brown was arrested early Sunday in Washington, D.C., after a fight broke out near the W Hotel, police said, complicating an already snarled legal history for the Grammy Award-winning R&B singer.

Brown, 24, was charged with felony assault in an incident that started just before 4:30 a.m., D.C. police spokesman Paul Metcalf said Sunday morning. Chris Hollosy, 35, also was arrested on felony assault charges, Metcalf said. Brown and Hollosy were being held in police custody until Monday.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Bieber doesn't always screw up, but when he does...



STARGAZING
Malene Arpe
scene@metronews.ca

Justin Bieber is photographed drinking a Dos Equis in Texas where, by the way, the legal drinking age is 21. Justin doesn't always drink beer, but when he does it's always super-icky and he wishes he'd asked for a Fanta.

According to the Daily News, someone connected to Planet Hollywood says



staff were provided with a list of evasive answers to use if asked whether Britney Spears sings live at her upcoming shows. They include: "You are pretty. Your hamster looks very soft." "I'm afraid of interest rates." "I don't care for spinning classes" and "have you tried our endless shrimp?" Rumour has it Tim Burton

will be making Beetlejuice 2. Which explains why Michael Keaton has been asking Robin Thicke for his suit back and sending threatening letters to Johnny Depp.

Billy Bob Thornton says then-wife Angelina Jolie got angry over his 2001 Monster's Ball sex scene with Halle Berry. "Well," he continues, "I'm sorry, but it's not like anything interesting has happened to me since then."

Perrie Edwards of Little Mix said of her band mates, "I wouldn't say we're feminists: we don't hate our men." "Oh, for bleep's sake. This is what happens when I'm underfunded," said the education system.

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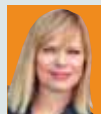
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Book excerpt

Homework
101

IT'S ALL
RELATIVE
Kathy Buckworth
kathybuckworth.com

Let's break this down a bit, shall we?

Homework is work to be done at home. Whether

it's work that should have been done in the classroom or work specifically designed to be done at home, there's one commonality that all children's homework shares: it's their homework. They need to do it.

You doing it for them is like having the supervisor come over to your production station and doing your job while you watch.

Resist the urge to have your child turn in perfect homework that's only perfect because you did most of it. If the teacher doesn't know where/how they are struggling, they can't help them in the classroom.

Also, don't be a homework nag. You're not the one who has to explain to the teacher why it's not done, and you're not the one who misses recess be-

cause of it. Let this happen once and see how quickly they get the message.

EXCERPTED FROM KATHY BUCKWORTH'S *I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS* (MCLELLAND & STEWART, 2013), WHICH HAS RECENTLY BEEN OPTIONED BY WARNER BROTHERS TELEVISION. AVAILABLE AT CHAPTERS, AMAZON AND WHERE BOOKS ARE SOLD. VISIT KATHYBUCKWORTH.COM

Exclusively online

Halloween: Every mother's worst nightmare. Find out why with exclusive Metro content from Lynda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book *Reasons Mommy Drinks*, at metronews.ca/voices

Join the laughter on twitter @mommyreasons



Halloween: Scariest day of the year for health-conscious parents

Tips. There are ways to keep the candy-filled occasion fun and healthy

ANISA
ARSENAULT

Metro World News in New York

With mountains of candy, Halloween can be a nightmare for parents.

Traci Paige Johnson, creator of *Blue's Clues*, offers suggestions for a fun and healthy Halloween. And if you're wondering what the voice of Blue is up to now, she's pioneering *Yummiloo*, an interactive musical food adventure series (currently an app, soon to be a show) designed to teach kids about healthy eating.

Before you equate *Yummiloo*'s mission with "ruining Halloween," keep in mind Johnson advocates candy in moderation. In fact, she says making sweets totally off limits will only result in an eventual binge.

"If you make candy an abso-



Halloween is a good time to involve kids in healthy eating discussions. ISTOCK

lute no, then it becomes more enticing," Johnson says. "It's all about balance, all about enjoying the holiday and not being too taboo or negative about the candy. Embrace it, and use it as a teaching moment for kids."

When it comes to healthy eating and rationing candy, make sure that kids are part of the process. "You can sit down together and figure out how much candy is good for a day," Johnson says. "Maybe it's one

little candy bar and two Smarties. Also, if they have a piece of candy, it's good to serve it with a glass of milk or a little cut-up fruit to fill them up."

Inevitably, you're going to have more candy than you can

Candy-free activities

- **Pumpkin volleyball.** "Take orange balloons and have your kids draw on Jack-o'-lantern faces with black Sharpie, and sort of play volleyball," Johnson says.
- **Arts and crafts.** "Collect leaves and acorns or anything from nature, and glue it on gourds or pumpkins to make creatures," she says.

even think about eating. Johnson recommends cutting some up, freezing it, and using it to cook with later on. "Use it again when you're making oatmeal cookies or just sprinkle some on your oatmeal," she suggests.

Johnson encourages parents to cultivate healthy eating habits in kids, but ultimately just enjoy Halloween. "The trick is to balance and have things in moderation," she says. The trick is to allow treats.



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Notice of Hearing for Permanent Guardianship Order To Tamara Bicknell

Take notice that on the **8th day of November, 2013 at 9:30 a.m.**, at **Calgary Family Court, Courtroom #1205, 601 - 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order** of your children born on **February 24, 1999 and October 5, 2002**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: **Diane Charlebois; Jackie Ellice; Daniella Eggink**
Calgary and Area Child and Family Services Authority
Phone: (403) 297-2978

Hit (or two) of curry elevates Parsnip and Apple Soup

Apples and parsnips go really well together and offer a perky taste of autumn.

You can decrease or increase the amount of curry powder to suit your taste. If you cut back on the curry, grated fontina or white cheddar can be sprinkled over top just before serving. If you like a stronger curry flavour, use 10 to 15 ml (2 to 3 tsp) of curry powder.

You can reduce the saturated fat by substituting vegetable oil for the butter and using homogenized milk instead of cream.

1. In stock pot, heat butter over medium heat. Add onion and cook until soft. Add curry, parsnips, carrot and apples and cook for 5 minutes, stirring.

2. Add stock. Bring to a simmer and cook at a low simmer for 25 to 30 minutes or until vegetables and apples are tender.

3. Purée soup with an immersion blender until smooth.

Ingredients

- 45 ml (3 tbsp) butter
- 1 large cooking onion, peeled and diced
- 5 ml (1 tsp) curry powder
- 4 parsnips, trimmed and cut into 1-cm (1/2-inch) pieces
- 1 carrot, peeled and diced
- 2 Granny Smith apples, peeled, cored and diced
- 1 l (4 cups) vegetable stock
- 250 ml (1 cup) cider (approx)
- 250 ml (1 cup) 35 per cent cream
- Sea salt and white pepper, to taste

4. Add cider and cream. If soup is too thick, add more cider, 125 ml (1/2 cup) at a time, until desired consistency is reached. Season with pepper and salt.

5. Ladle into warm soup bowls, garnish with apple slices and a small sprig of thyme and dollop of mild goat cheese. **THE CANADIAN PRESS/JILL'S SOUPS BY JILL WILCOX (2007).**



This recipe serves eight. THE CANADIAN PRESS/ JACKIE NOBLE

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'Round the world wisdom

Focus on what you can control

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

When you sense that things are unravelling, be it at the workplace, or at home, get back to basics by asking yourself, "What can I control right now?"

First, assert your control over smaller, simpler things you can achieve. If you can achieve a few small successes they can, and will, amount

to a big win over time. The reward lies in the fact that experiencing success in one area of your life can be the turning point, going on to impact other parts of your life.

In 2008 I found myself overwhelmed by the economy as it impacted every part of my life negatively. I consciously chose to turn my focus onto one element I felt I could control — my health. I declared I would be fitter than ever before within one year, reasoning that doing so would serve to boost my energy and clear my mind. If the negative economy persisted, I would at least have my health. I set a goal to do something only a fit person could do, running the desert, despite not knowing how to run. I took my first running steps in December 2008, and six months later ran 250 km across the Gobi desert.

So always ask yourself, when facing a big challenge, what parts of your life can you control?

STEFAN DANIS IS THE CEO OF NEXCA-REER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Who you tryin' to get crazy with, essay?

Don't you know I know my stuff? Study up on perfecting all your school papers

BRUCE WALSH
Metro World News

We asked professors around the country to give their advice on how to make your college essay stand out.

Read it loud and proud

There is a reason reading aloud is an almost universal staple of composition classrooms: It works. A wide variety of research has shown that vocalizing your own writing causes your brain to process language in a different way. You hear mistakes you never would have caught otherwise.

"As a writing teacher, it's



When editing your essay, pull it from your computer screen and piece through the writing in print. ISTOCK

my number one go-to," says Josh Ambrose, director of the McDaniel College Writing Center.

"It's like when you listen to your own voice mail message, and you're like, 'That's not what I sound like.' There's always this disconnect between the voice we hear in our head when we're writing and the voice that comes out on the page."

Remember: It's not math

Nobody — not even James Joyce — can claim to be 100 per cent correct when it comes to grammar. (After all, he did exhibit some funky punctuation in Ulysses.) "It's an imperfect science. Some people try to make it as rigid as math, but that just confuses students — and makes them reluctant to write because they can't win," says David

Go old-school

Research has shown that editing on actual paper helps the brain focus on the task at hand.

- "Your eye doesn't take the same care when engaging with a computer screen," says Samra Bufkins, a writing professor at the University of North Texas.

- "As soon as the words are on paper, things start jumping out. Your mistakes become more tangible."

Robson, who teaches composition at Delaware Valley Community College. "Sure, there are hard and fast rules, but you need to bend them from time to time."



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Sure, that's a good cover letter, but how many likes does he have?

Resumés being replaced? New graph search tools allowing employers to find potential prospects on Facebook

VICKI
SALEMI
Metro World News

The next time you're surfing Facebook, you may want to spruce up your profile in the spirit of landing a new job. Work4 Labs, a software company developing Facebook recruiting applications, has launched a graph search tool for recruiters. And if its CEO has his say, it will apparently give other social networks stiff competition.

According to Work4 CEO Stephane Le Viet, "LinkedIn covers a slice of the market that's very valuable, but it doesn't cover everything," he says.

Taking retail, hospitality, health care and other industries into account, their workers may not lean on an online professional network to propel their careers.

"They don't carry around business cards (and) they don't use their professional network to enhance what they're doing at work. But pretty much all of them have



a profile on a social network, and for the majority of them that's Facebook."

Le Viet points out that users also have friends online, thereby building a robust referral network. "Recruiting has always been about fishing where the fish are," he says. If you're among the 1.15 billion monthly active users on Facebook, then you're swimming

in an abundant school of fish that employers are tapping into.

The latest product to emerge from the San Francisco-based company is a tool that uses Facebook's graph search function to connect job searchers with possible employers.

Launched earlier this month, it allows companies

with subscriptions (\$1,500 annually per recruiter) to click on a job in their interface and message candidates. "Let's say you're searching for a developer at Google: You click on the job on a developer position that's in our interface, you say, 'Show me the candidates' and it shows you the candidates automatically."

Although it's too soon for

clients like Pepsi and Groupon to report hires, the new tool allows recruiters to go "above and beyond the resumé." For example, talent acquisition folks looking for a cultural fit can drill into candidates' interests.

Le Viet points out that "for a company like the Gap, they're hiring a lot in stores around the world. They want people who like fashion; they don't want people in the stores who hate clothes. You want people who will have some type of affinity to your

brand or to brands (that) are similar. Facebook allows you to do that, so if you're a fan of Banana Republic, they're interested in you because they're in the same ecosystem."

Given this new era of hiring, what does it mean for the resumé? "Resumés are being overtaken by social profiles and your social footprint. I think people will get more and more educated and make sure that everything they display in a public manner is clean."

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Number one job site based on six-month average online job postings for period ending September 30, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

Sabres-Islanders trade

Vanek sent away to Long Island

The New York Islanders acquired forward Thomas Vanek from the Buffalo Sabres on Sunday night for forward Matt Moulson, a first-round pick in 2014 and a second-round pick in 2015.

The 29-year-old Vanek, a former University of Minnesota star from Austria, had four goals and nine assists in 13 games this season for Buffalo. In nine seasons with the Sabres, he had 254 goals and 243 assists in 598 games.

Moulson, who will turn 30 next week, had six goals and three assists in 11 games this season. He has 124 goals and 109 assists in 333 games in seven seasons with the Islanders and the Los Angeles Kings.

THE ASSOCIATED PRESS



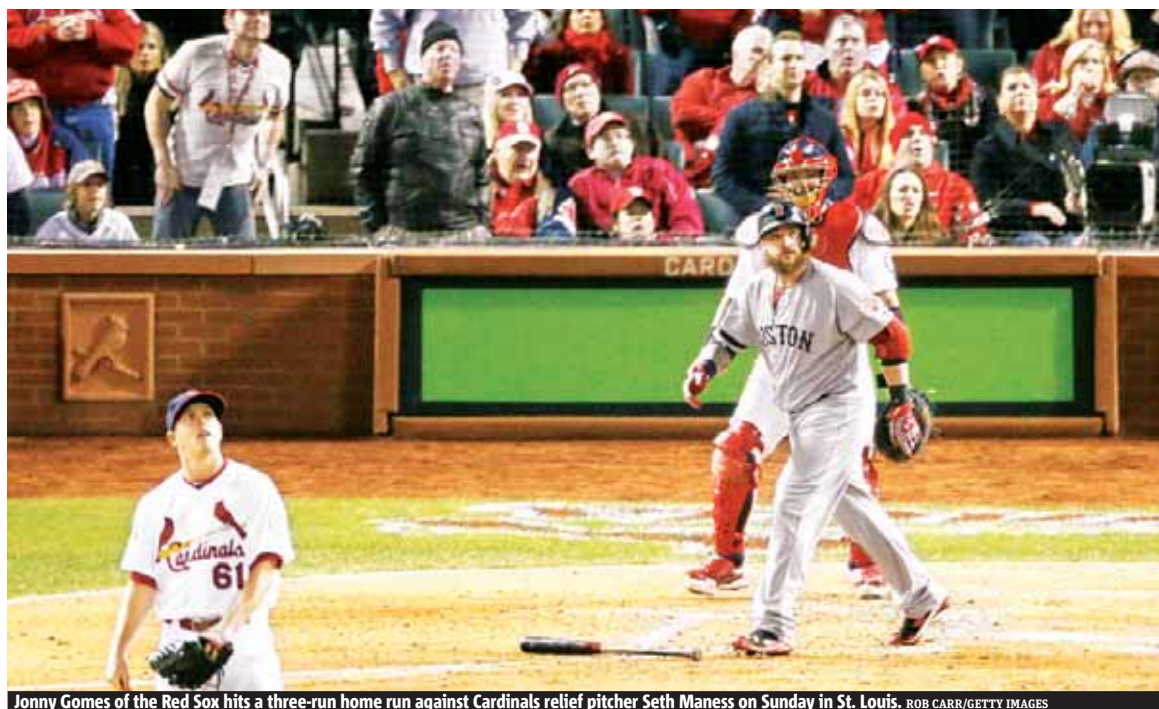
Thomas Vanek
GETTY IMAGES

NHL

Jets can't hang at Avs' altitude

Paul Stastny had a goal and an assist in the third period, Semyon Varlamov stopped 24 shots and the streaking Colorado Avalanche beat the Winnipeg Jets 3-2 on Sunday night. Matt Duchene and Jan Hejda also scored for the Avs, who are 10-1 for the first time in franchise history.

THE ASSOCIATED PRESS



Jonny Gomes of the Red Sox hits a three-run home run against Cardinals relief pitcher Seth Maness on Sunday in St. Louis. ROB CARR/GETTY IMAGES

Jonny-come-lately squares things up

World Series.

Last-minute addition to lineup belts 3-run homer, pulling Red Sox even at 2 games apiece

Jonny Gomes got the Red Sox even in this wild World Series, thanks partly to Shane Victorino's aching back.

Inserted into the lineup about 75 minutes before game time, Gomes hit a three-run homer off reliever Seth Man-

Game 4

4	2
Red Sox	Cardinals

ess in the sixth inning that led Boston to a 4-2 win over the St. Louis Cardinals on Sunday night, tying the World Series at two games apiece.

Felix Doubront and surprise reliever John Lackey, both start-

ers during the regular season, picked up for a gritty Clay Buchholz to help the Red Sox ensure the Series will return to Boston.

And one night after that game-ending obstruction call, another unusual ending. Koji Uehara picked off rookie pinch-runner Kolten Wong at first base for the final out — with post-season star Carlos Beltran standing at the plate.

Game 5 is Monday night at Busch Stadium, with Boston left-hander Jon Lester facing Cardinals ace Adam Wainwright in a rematch of the opener won 8-1 by the Red Sox.

Gomes helped get Boston started in the fifth when he followed David Ortiz's leadoff double with a 10-pitch walk that tired starter Lance Lynn, who had faced the minimum 12 batters through the first four innings.

Stephen Drew's sacrifice fly tied the score 1-all, erasing a deficit created when centre-fielder Jacoby Ellsbury's third-inning error advanced Matt Carpenter into scoring position for Beltran's RBI single.

Gomes had been 0-for-9 in the series before the home run.

THE ASSOCIATED PRESS

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Lions receiver Calvin Johnson leaps between Cowboys Jeff Heath, left, and Brandon Carr to make a 54-yard catch on Sunday in Detroit. Johnson had 329 yards receiving in the Lions' 31-30 win. LEON HALIP/GETTY IMAGES

Lions roar back to win shootout over 'Boys

NFL. Johnson's 329 yards receiving keeps Detroit in the game; Stafford's one-yard TD lunge wins it

Calvin Johnson thought Matthew Stafford was going to spike the ball for at least another snap.

The Dallas Cowboys did, too.

Stafford's one-yard lunge over a pile of linemen with 12 seconds left and Johnson's 329 yards receiving lifted the Detroit Lions to a 31-30 win over Dallas on Sunday.

"I was yelling that I was going to spike the ball," Stafford recalled. "But their line-backers were just standing there."

The Cowboys weren't just standing around letting Johnson make catch after catch, but he made them look helpless.

Johnson almost broke an NFL record, and could celebrate the feat because of a comeback from a 10-point, fourth-quarter deficit that some people who entered Ford Field didn't see because they had left.

"Even our fans didn't think we could pull this one out," he said. "They were leaving, but we knew we could do

it."

Johnson's total trails only the 336 yards receiving Flipper Anderson had for the Los Angeles Rams against New Orleans on Nov. 26, 1989 in a game that went into overtime.

The Cowboys dared Detroit to throw to Johnson with a lot of one-on-one coverage. They usually asked cornerback Brandon Carr to do the improbable by defending him by himself, and sometimes attempted to slow him down with a zone.

"He had his way," Carr said. "And we couldn't find a way to keep him from rolling."

Johnson noticed.

"It was crazy," he said. "We had a lot of one-on-one coverage today, and we were able to take advantage and hit some deep balls. Matt made some great throws to me."

THE ASSOCIATED PRESS

Around the NFL

Chiefs 23, Browns 17. Alex Smith threw for 225 yards and two touchdowns for the league's lone undefeated team at 8-0.

Broncos 45, Redskins 21. Peyton Manning overcame four turnovers and Denver scored the last 38 points in a comeback win. Manning finished with 354 yards and four touchdown passes.

Raiders 21, Steelers 18. Terrelle Pryor ran 93 yards on the first play from scrimmage for the longest touchdown run by a quarterback boosting Oakland to 3-4.

Bengals 49, Jets 9. Andy Dalton threw a career-high five touchdown passes — four of them to Marvin Jones.

Quoted

"I was just as fooled as the defence was."

Lions offensive guard Larry Warford, on Matthew Stafford's game-winning touchdown play in which players on the field assumed the quarterback would spike the ball to stop the clock.

NHL

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Florida	12	3	7	2	26	42	8
Buffalo	13	2	10	1	20	37	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	11	7	4	0	35	28	14
Carolina	11	4	4	3	25	33	11
NY Islanders	11	4	4	3	35	36	11
Columbus	11	5	6	0	31	29	10
Washington	11	5	6	0	32	35	10
New Jersey	11	2	5	4	24	36	8
NY Rangers	9	3	6	0	15	33	6
Philadelphia	10	3	7	0	18	27	6

Sunday's results

San Jose 5 Ottawa 2
Tampa Bay 4 Florida 3 (SO)
Anaheim 4 Columbus 3
Colorado 3 Winnipeg 2
Los Angeles 2 Edmonton 1 (SO)

Saturday's results

Phoenix 5 Edmonton 4
San Jose 2 Montreal 0
New Jersey 4 Boston 3
NY Rangers 3 Detroit 2 (OT)
Toronto 4 Pittsburgh 1

MLB PLAYOFFS

WORLD SERIES

(BEST OF 7)

ST. LOUIS VS. BOSTON

(Series tied 2-2)

Sunday's result

Boston 4 St. Louis 2

Saturday's result

St. Louis 5 Boston 4

Monday's game — All Times Eastern

Boston (Lester 15-8) at St. Louis

(Wainwright 19-9); 8:07 p.m.

Wednesday's game

St. Louis (Wacha 4-1) at Boston (Lackey

10-13); 8:07 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	11	10	1	0	35	16	20
Chicago	11	6	2	3	34	32	15
Minnesota	12	6	3	3	29	26	15
St. Louis	9	6	1	2	35	23	14
Nashville	12	6	5	1	23	32	13
Winnipeg	13	5	6	2	32	37	12
Dallas	10	4	5	1	26	31	9

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	12	10	1	1	48	20	21
Anaheim	12	9	3	0	39	31	18
Vancouver	13	8	4	1	38	37	17
Phoenix	12	7	3	2	40	39	16
Los Angeles	11	7	4	0	33	29	14
Calgary	11	5	4	2	34	39	12
Edmonton	12	3	8	1	35	48	7

Note: Two points for a win, one point for overtime loss.

Tampa Bay 3 Buffalo 2
Philadelphia 5 NY Islanders 2
Winnipeg 2 Dallas 1 (SO)
Minnesota 5 Chicago 3
St. Louis 6 Nashville 1
Calgary 5 Washington 2
Monday's games — All Times Eastern
Dallas at Buffalo, 7 p.m.
Pittsburgh at Carolina, 7 p.m.
Montreal at NY Rangers, 7:30 p.m.
Chicago at Minnesota, 8 p.m.
Washington at Vancouver, 10 p.m.

GOLF

PGA

CIMB CLASSIC

At Kuala Lumpur, Malaysia

Final Round — Par 72

x-Won on first playoff hole

x-Ryan Moore, \$1,260,000

Gary Woodland, \$756,000

Kiradech Aphibarnrat, \$406,000

Chris Stroud, \$406,000

Aaron Baddeley, \$280,000

Jimmy Walker, \$252,000

Graham Delaet, \$218,166

Harris English, \$218,166

Charles Howell III, \$218,166

Also:

David Hearn, \$14,070

63-72-69-70—274 (4)

68-70-67-69—274 (5)

67-69-69-70—275

67-69-68-71—275

73-67-70-66—276

74-68-67-68—277

72-67-68-71—278

71-67-71-69—278

69-72-69-68—278

72-70-73-81—296

CFL

WEEK 18

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Toronto	17	11	6	0	487	435	22
x-Hamilton	17	9	8	0	416	461	18
x-Montreal	17	7	10	0	436	451	14
Winnipeg	17	3	14	0	354	548	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	17	14	3	0	542	387	28
x-Sask.	17	11	6	0	493	368	22
x-B.C.	17	10	7	0	478	454	20
Edmonton	17	3	14	0	391	493	6

y — Clinched division title

x — Clinched playoff berth

Saturday's results

Calgary 29 Saskatchewan 25

Hamilton 27 Montreal 24

Friday's result

B.C. 43 Edmonton 29

Thursday's result

Toronto 36 Winnipeg 21

NFL

WEEK 8

Sunday's results

Kansas City 23 Cleveland 17

New Orleans 35 Buffalo 17

New England 27 Miami 17

Detroit 31 Dallas 30

N.Y. Giants 15 Philadelphia 7

San Francisco 42 Jacksonville 10

Oakland 21 Pittsburgh 18

Cincinnati 49 N.Y. Jets 9

Arizona 27 Atlanta 13

Denver 45 Washington 21

Green Bay 44 Minnesota 31

Monday's game — All Times Eastern

Seattle at St. Louis, 8:40 p.m.

MLS

Sunday's results

Houston 2 D.C. United 1

New England 1 Columbus 0

New York 5 Chicago 2

Vancouver 3 Colorado 0

Los Angeles 1 Seattle 1

Saturday's results

Toronto 1 Montreal 0

Kansas City 2 Philadelphia 1

Portland 5 Chivas USA 0

San Jose 2 Dallas 1

(End of MLS Regular Season)

Autumn leaves fall

Leaving deals for all

Rake up the savings, all 2012 & 2013s must go!



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Appraised get
an additional
\$1000

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Horoscopes

♈ Aries

March 21 - April 20

You cannot expect to control each and every situation in life and if you do then disappointment is inevitable.

♉ Taurus

April 21 - May 21

Your energy and enthusiasm are high, thanks to the influence of Mars in the most dynamic area of your chart, but what you start you will be expected to finish, so don't take on too many new projects.

♊ Gemini

May 22 - June 21

You may be eager to get going and prove yourself but cosmic activity in the work and wellbeing area of your chart means you must not do too much.

♋ Cancer

June 22 - July 23

If you push too hard you may turn people against you. It will pay you to keep your activity limited, at least until midweek when the approaching influence of the eclipse will spur you into action. Save yourself for then.

♌ Leo

July 24 - Aug. 23

Set your sights high and don't accept second best. Some people, including those you love, may tell you that you should rein in your ambitions but that's nonsense.

♍ Virgo

Aug. 24 - Sept. 23

What you say and do over the next few days will, to a large extent, decide your fate for the remainder of the year. These are serious times and the universe has serious tasks for you to perform.

♎ Libra

Sept. 24 - Oct. 23

There are so many things you want to do but if you rush you may peak too soon, so pace yourself sensibly.

♏ Scorpio

Oct. 24 - Nov. 22

As far as you are concerned the world is divided into two kinds of people: winners and losers. You, of course, are one of life's winners and what you do over the next few days will prove it. Be brilliant!

♐ Sagittarius

Nov. 23 - Dec. 21

You may not care what the world thinks about you but if you are smart you will pay attention to what those closest to you say.

♑ Capricorn

Dec. 22 - Jan. 20

Listen to advice from friends and family but listen to your inner voice too. Whatever questions you may have, the answers can be found in your own heart as much as in the wider world – and they're more reliable.

♒ Aquarius

Jan. 21 - Feb. 19

The planets urge you to push your fears and doubts to one side and step boldly into the public domain. You may by nature prefer to stay out of the spotlight but you also have an important message for the world.

♓ Pisces

Feb. 20 - March 20

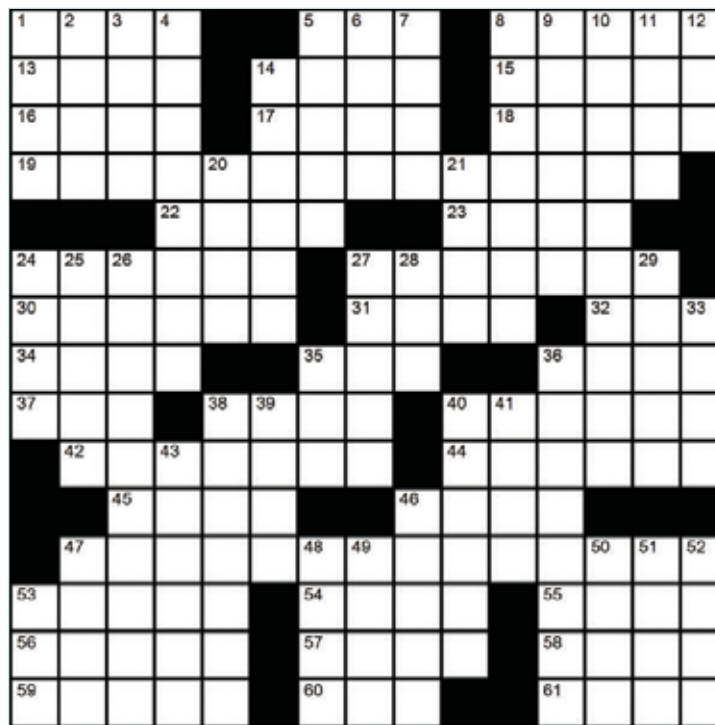
So many things are uncertain at the moment but one thing is for sure: whatever setbacks and upheavals you may encounter you will come up smelling of roses.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Mike Myers' directorial debut, "Supermensch: The Legend of ___ Gordon" (2013)
5. Canadian hwy. miles
8. Not ___ (Not so distant)
13. ___-hoop
14. TV series
15. Stage
16. "___ fair in love..."
17. Entreaty
18. Promotions guy, ___
19. House of Commons time: 2 wds.
22. Tempo
23. Not a Teamster, e.g., ___
24. Resist
27. 1972 Neil Young album
30. Bobby Vinton's "Roses ___ (My Love)": 2 wds.
31. "I'd like ___, please." (Bakery request)
32. Outlying
34. Cobblestone
35. Liq. measures
36. Towel dry
37. Full amount [abbr.]
38. India. ___
40. Ms. Nicks
42. Miami rapper
44. St-___ (Canadian BBQ sauce brand)
45. Bible kid
46. Ms. Gilpin of "Frasier"



47. Canadian figure skating legend: 2 wds.
53. Camouflage colour
54. Antarctica's Prince ___ Coast
55. "___, ___ quiet!"
56. Rolling Stones album: '___ Bleed'

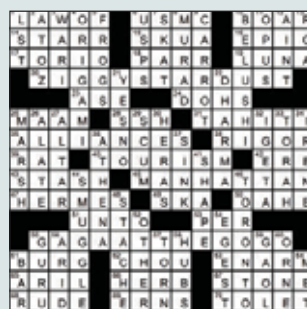
57. Remote button
58. Prince of Wales' motto, Ich ___ (I Serve)
59. Walk leisurely
60. Dog or cat
61. Irish songstress

2. Web streamer of TV series
3. Vogue competitor
4. Travel document issuer, ___ Canada
5. Ms. Kardashian
6. Faucets company
7. Give and take
8. Sanction
9. Sacred structure

10. Women's Rights in Canada, late-1920s: Group behind the 'Persons Case' to give women the right to sit on The Senate: 2 wds.
11. "...take ___ song and make it better." - The Beatles

12. Stimpy's pal
14. Made the recipe 'hot'
20. Zap with a stun gun
21. "Just you wait, '___ iggins..." - Eliza Doolittle
24. Brewer's kiln
25. Before surgery, informally
26. Dress parts in history
27. Eyes colour
28. MGM's motto, ___ Gratia Artis
29. South America animal
33. Jackie Wilson's "___ Petite"
35. Vegetable ___
36. Installment of an online TV series
38. Skill
39. Old Scandinavian symbol
40. Bundle wheat
41. Go sour
43. Silent film successor
46. ___ & Whitney Canada (Aircraft engine company)
47. Vincent's art world brother
48. Frolic
49. Hint
50. Sparse
51. Comply
52. "99 Luftballons" singer
53. Alphabet sequence

Friday's Crossword

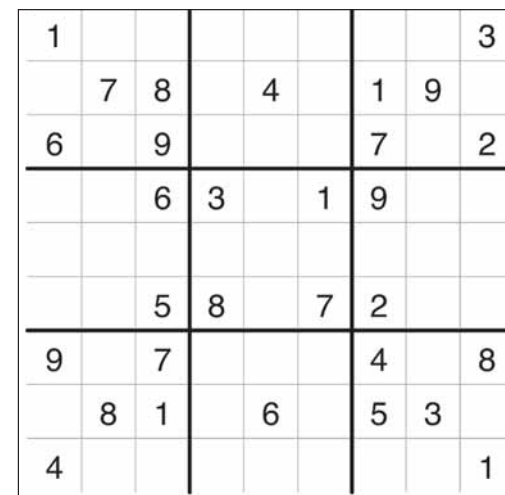


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY

TUESDAY

WEDNESDAY



MAX: -7°
MIN: -10°



MAX: 5°
MIN: -6°



MAX: 4°
MIN: -1°



ANDREW SCHULTZ
METEOROLOGIST

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WEEKDAYS 5:30 AM



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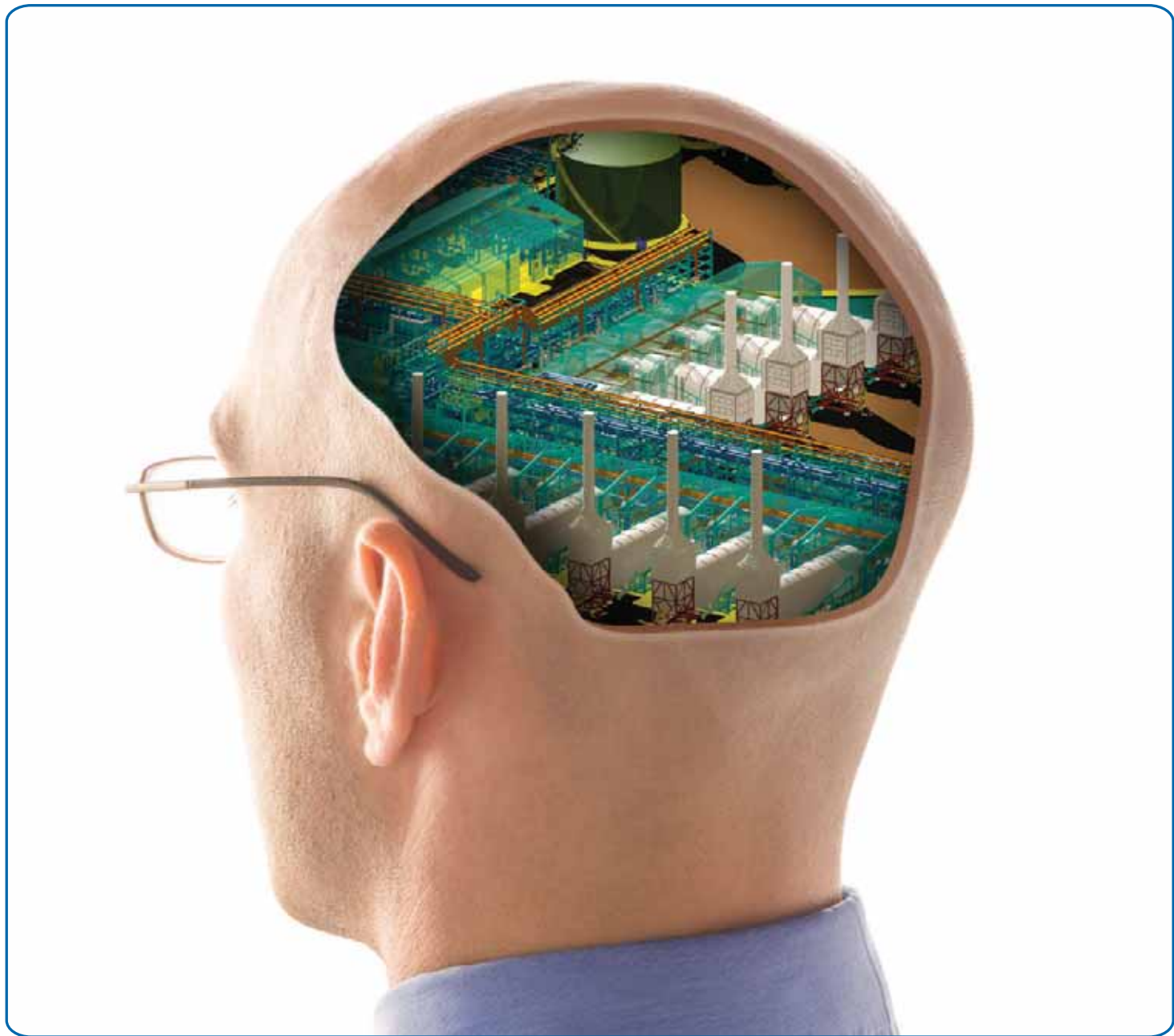
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